

WHAT TO BRING LIST

BECOMING AN OUTDOORS-WOMAN

Nebraska State 4-H Camp, Halsey, Nebraska

Use this as a check-off list for items you will need to bring to the workshop

Bedding (twin size mattress) and Linen

	Sheets		Pillow
	Sleeping Bag and/or Blankets		Towels, Wash Cloth and Hand Towels

Cabins are heated.

Personal Items

	Shampoo and Soap		Feminine Items
	Tooth Brush & Paste		Medications (Allergy, Prescription)
	Bug Spray		<u>POISON IVY IS ABUNDANT</u> if you are susceptible, bring along treatment

Clothing and Shoes

	<u>STURDY SHOES</u> or hiking boots are better, <u>NO</u> sandals. The Sandhills flora includes cockle burrs, stickers and cactus. Many of the courses involve hiking; be sure to have supportive footwear or day hikers.		
	Be prepared to dress in layers (October can be extreme weather conditions). (Check the weather for Halsey, NE). Layering your clothes will keep you warmer than one heavy outer garment and also allows you to adjust for varying temperatures.		
	Gloves, Hat, Light and Heavy Coat		Rain Gear
	Jeans		Sunglasses

Suggested Gear and Items

	Flashlight (great at night without disturbing your cabin)		Camera
	Field Guides		Binoculars
	Cash for pop machine		
	Spending money for official Becoming an Outdoors Woman merchandise and souvenirs. There will also be an outdoor gear silent auction. ** We plan to take credit card through paypal.		
	FOR SAFETY and as a courtesy to instructors, NO headphones, radios, etc will be allowed during class time.		
	Ear Plugs - If you find it difficult to sleep with strange noises around you or snoring.		
	Protective Eyewear (sunglasses are fine) for all fishing courses. (safety while casting)		

FOOD NEEDS: If you have any special food needs please bring some in a cooler to snack on between meals. There will be salads, fruits, yogurt, etc... at all meals. Vegetarians may want to pack some of your own food.

PLEASE NO ALCOHOL on the 4-H camp grounds.

Gear for Specific Activities: Materials and gear will be provided for all activities.

BOWFISHING			
	Dress to walk along the shoreline		Equipment (if you have it)
	Water Repelling pants (no cotton)		This is a simulated fishing class, no permit is required- you cannot shoot fish unless you have a 2014 fishing permit.
	Muck boot or hip boots (if you have them)		

ON POND FISHING & FLY FISHING			
	Dress to walk along shoreline and fish		Water Repelling pants (no cotton)
	Muck boot, hip boots or waders (if you have them)		Fishing gear (if you have it)
	Float tube if you wish		
	You are required by law to have a current () Nebraska Fishing Permit (resident annual-\$28.50; resident 3-day-\$22.50 or 1-day -\$7.50 and non-resident annual-\$60.50; non-resident 3-day-\$27.50 or 1-day-\$9.50). <u>Purchase your permit in advance; they WILL NOT be available at the workshop.</u>		

CANOEING & KAYAKING: This is a wet sport. Expect to get your feet & possibly your pants wet.			
	Quick dry lightweight clothing – pants, shorts, shirts and jacket. (wear polypropylene, polyester or nylon material). No jeans. Avoid cotton.		Water shoes are recommended. No flip flops. Old tennis shoes or boots will do.
	Have extra clothing & shoes just in case you need dry ones at camp		Sunscreen
	Water bottle		Hat and/or sunglasses
	Class usually stops in Halsey (if time allows) for a soda, hot chocolate etc... bring money if you want.		
	Blistering may occur especially in kayaking so you may want to bring some inexpensive light weight gloves.		

INTRO TO FIREARMS, RIFLE MARKSMANSHIP, MUZZLELOADING, BEGINNING AND INTERMEDIATE SHOTGUNNING			
Hearing protection provided. DO NOT bring any firearms with you, they will be provided by the instructor.			

ARCHERY			
Equipment will be provided; however you are encouraged to bring your own if you wish.			

GPS/GEO-CACHING			
	Good shoes for hiking		Water bottle
	Pen or pencil for logging cache finds.		<u>POISON IVY IS ABUNDANT</u> if you are susceptible, bring along treatment

PHOTOGRAPHY			
	Equipment if you wish		
	You will go on a short hike so dress for weather conditions.		
TURKEY HUNTING			
	Bring along your favorite turkey calls, turkey camo clothing, boots if you have them.		
HUNTER EDUCATION			
	Bring your test sheets & any other necessary information from the web page on this course; they are required before you can pass Hunter Education.		
DOVE HUNTING – this is an actual hunt			
	2014 hunting permit (required)		HIP number (required)
	hunter education (required for 29 years old and younger)		NE Habitat stamp (required)

Make your list, check it twice, get your stuff rounded up and prepare yourself for a great outdoor experience!! BOW empowering women!